



More than Food

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Seared Provençal Steak with French Bean Salad

Herbes de Provence is a floral, earthy blend of flavours from the south of France. Its signature aroma comes from dried lavender, an unexpectedly delicious addition to steak and other grilled meats.

Prep 30 min

level 1

nut free

gluten free

dairy free



Sirloin Steak



Herbes de Provence



Tomato



Shallot



Parsley



Green Beans



Cannellini Beans



White Wine Vinegar

Ingredients

Sirloin Steak		4 People	2
Herbes de Provence			1 pkg
Shallot			2
Tomato			2
Parsley			1 pkg
Green Beans, trimmed			1 pkg
White Wine Vinegar	1)		2 bottles
Cannellini Beans			2 cans
Olive or Canola Oil*			

*Not Included

Allergens

1) Sulphites/Sulfites

Tools

Medium Pot, Strainer, Medium Bowl, Slotted Spoon, Whisk, Small Bowl, Large Pan

Nutrition per person Calories: 599 cal | Carbs: 39 g | Fat: 25 g | Protein: 52 g | Fiber: 13 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Remove the **steak** from the refrigerator. Bring a medium pot of **water** to a boil with a large pinch of **salt**. **Wash and dry all produce**. Halve, seed, and chop the **tomato**. Mince the **shallot** and **parsley**. Halve the **green beans**. Drain and rinse the **cannellini beans**.

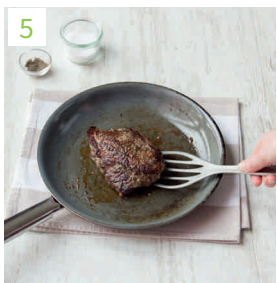


2 Blanch the beans: Fill a medium bowl with **ice water**. Add the **green beans** to the **boiling water** and cook for about 2 minutes, until crisp-tender. Remove from water with a slotted spoon and transfer to the ice water to shock them.



3 Make the vinaigrette: In a small bowl, whisk together the **shallot** and **parsley** with **white wine vinegar** and a large drizzle of **oil**. Season with **salt** and **pepper**.

4 Drain the **green beans** from the ice water and discard the water. In the same bowl, toss the **green beans**, **cannellini beans**, and the **tomato** with the **vinaigrette**. Set aside.



5 Cook the steak: Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **steak** on all sides with **salt**, **pepper** and the **herbes de Provence**. Sear the **steak** 4-7 minutes per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set aside for 5 minutes to rest.

6 Finish and serve: Thinly slice the **steak** against the grain, then serve alongside the **French bean salad**. Enjoy!

GRILLING TIP: Instead of pan-frying, BBQ steaks on medium-high heat, with lid open, 4 to 7 min per side, for medium.